



Additional Resources *and* Ordering Information

Ordering Information has been included in each of the following resource materials sections.

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Resource Materials

The following information includes internal websites, certifications and courses, training kits and awareness materials, as well as an extensive list of audio/video materials, publications, books, references, etc., that can be obtained through the Navy Environmental Health Center. This information will be a valuable resource in the development, implementation, and evaluation of comprehensive physical fitness and injury prevention programs.

For additional information or for information not specifically listing a POC, contact:

Navy Environmental Health Center (NEHC)
Health Promotion & Medical Management Directorate
2510 Walmer Avenue
Norfolk, VA 23513-2617
(757) 462-5500
(757) 444-1345 (FAX)

US Navy - Resource Kits and Materials

US Navy Physical Fitness Poster Series

These posters tie the Navy core values of Honor, Courage, and Commitment with personal READINESS. The four poster series promotes the three components of physical fitness and were developed by the Navy Environmental Health Center in collaboration with the Cooper Institute for Aerobics Research. The posters are 18" x 24" and are suitable for framing.

For ordering information, see the NEHC Physical Fitness website:

<http://www-ed.navy.mil/hp/fitness/index.htm>

FLEET SERIES

This series of posters shows real Sailors exercising on or near their ships. It is important for all Navy personnel to realize that physical activity is an essential component of readiness.



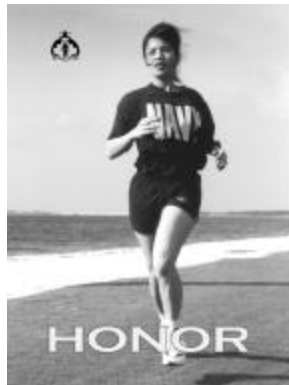
STRIPE SERIES

This series is designed to subtly but clearly remind all Sailors that physical activity is a responsibility they have to their country. Only Sailors appear in all the posters.



PERSONAL SERIES

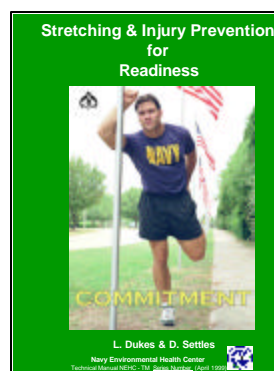
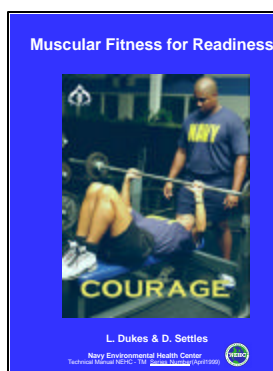
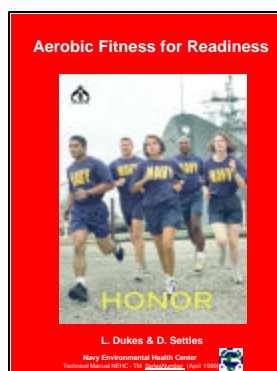
Physical fitness is a personal responsibility. Taking care of their bodies is as important as taking care of their equipment. This series shows Navy personnel on Navy bases in realistic situations.



SHORE SERIES

Staying fit is a continual process, whether at sea or on shore. This series of posters was photographed on Navy bases, again using Active Duty Sailors.



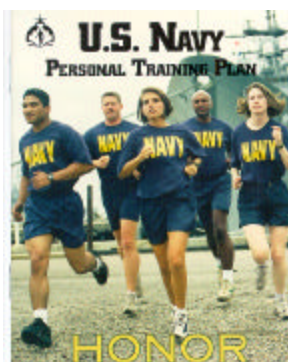


US Navy Physical Fitness Training Kits:

Aerobic Fitness for Readiness
Muscular Fitness for Readiness
Stretching and Injury Prevention for Readiness

These training kits include upbeat presentations on topics such as assessing personal needs, setting realistic goals, planning effective training programs, training techniques, and injury prevention tips. Included is the script, slides, promotional material, reference material, and handouts - all the materials necessary to create a successful presentation.

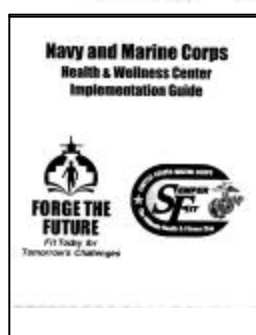
For ordering information, contact us at <http://www-nehc.med.navy.mil/hp/fitness/index.htm>



US Navy Personal Training Plan Booklet for Physical Fitness

This pocket-sized booklet provides personal training information for physical fitness. The booklet provides exercise guidelines for performing the three primary components of physical fitness: cardiovascular, muscular strength and endurance, and flexibility. It is conveniently 4"x5" and can be used by Sailors in all professional settings.

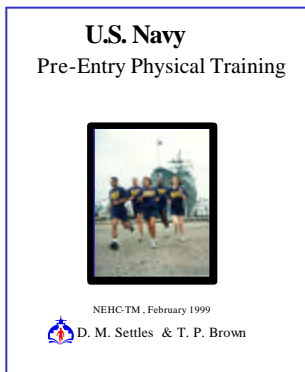
For ordering information contact us at <http://www-nehc.med.navy.mil/hp/fitness/index.htm>



US Navy and Marine Corps Wellness Center Implementation Manual:

Was developed by the Navy Environmental Health Center upon request from the Bureau of Medicine and Surgery. The Navy and Marine Corps Wellness Center Implementation Manual is a technical manual that provides personnel with a guide to assist in the development, design, and implementation of Navy and Marine Corps Wellness Centers. The manual is developed to be a working model that may be utilized indefinitely as the need arises for additional centers within the Navy and Marine Corps. It provides a step-by-step, user friendly, critical path identifying not only "what to do" when implementing a comprehensive wellness program, but also "how" to do it. For ordering information or to download a copy of the technical manual, see the NEHC Physical Fitness website: <http://www-nehc.med.navy.mil/hp/fitness/index.htm>

Navy Pre-Entry Physical Training Plan



NEHC/OCS developed the U.S. Navy Pre-Entry Physical Training Plan. The Navy Pre-Entry Physical Training Plan assists recruits in preparing for the physical demands a prospective Sailor experiences during Navy basic training programs. This plan provides guidelines for the three primary elements of a physical fitness program: aerobic (cardiovascular), muscular strength and endurance, and flexibility exercises. Research supports that participation in these activities will assist an individual in decreasing his/her chances of injury rates during Navy basic training programs; the Navy Pre-Entry Physical Training Plan will prepare the prospective Sailor for the physical challenges incurred during basic training and throughout his/her Navy career. To download, see the NEHC Physical Fitness website: <http://www-nehc.med.navy.mil/hp/fitness/index.htm>

Navy and Marine Corps Daily Exercise Log Sheets

The USN and USMC Daily Exercise Log Sheets provide scientifically based exercise program guidelines for a safe and effective physical activity program. Daily exercise log sheets are available for the three primary components of physical fitness: aerobic (cardiovascular), muscular, and flexibility (stretching). These forms can be downloaded from the NEHC Physical Fitness website: <http://www-nehc.med.navy.mil/hp/fitness/index.htm>

Aerobic

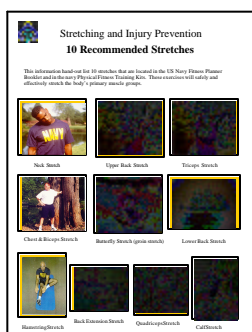
Muscular

Stretching

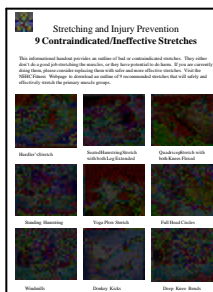
Target Heart Rate

Plan of the Day Notes for Physical Fitness and Injury Prevention

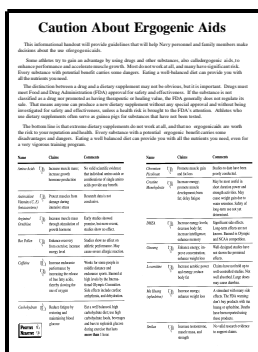
Promote physical fitness and injury prevention healthy behaviors! Navy Environmental Health Center has developed Plan of the Day (POD) Notes for physical fitness and injury prevention; these tips can be placed daily in your Plan of the Day (POD) or several in your Plan of the Week. To download a copy for your command, see the NEHC Fitness Homepage: <http://www-nehc.med.navy.mil/hp/fitness/index.htm>



This information hand-out lists 10 stretches that are located in the US Navy Personal Training Plan Booklet for Physical Fitness and in the Series of Navy Physical Fitness Training Kits. This flexibility outline represents safe and effective exercises that will stretch the body's primary muscle groups. Active duty sailors appear in the photographs.



This information hand-out provides an outline of bad or contraindicated stretches. These stretches either don't do a good job stretching the muscles, or they have potential to do harm. If you are currently doing these contraindicated/ineffective stretches please consider replacing them with safer and more effective stretches. To download this informational hand-out see the NEHC Fitness Homepage <http://www.nehc.med.navy.mil/hp/fitness/index.htm> Active duty sailors appear in the photographs.



Caution About Ergogenic Aids

This informational handout will provide guidelines that will help Navy personnel and family members make decisions about the use of ergogenic aids.

Some athletes try to gain an advantage by using drugs and other substances, also called ergogenic aids, to enhance performance and accelerate muscle growth. Most do not work at all, and many have significant risk. Every substance with potential benefit carries some dangers. Eating a well-balanced diet can provide you with all the nutrients you need.

US Navy Nutrition and Weight Control Self-Study Guide

This manual is to be used with the Command-Director Physical Conditioning Program to help personnel meet and maintain body composition standards. It is self-paced and provides basic information on effective strategies to safely lose weight through proper diet and exercise.

Contact NPC (NPC-601C) Nutrition Program Manager for more information at (901) 874-4268 or DSN 882-4268. The manual is available from the following sources:

- Navy supply system (Stock no. 0500-LP-0098780)
- NPC website: www.navy.mil/homepages/bupers

Healthy Lifestyles Forum

Healthy Lifestyles Forum is four hours of interactive health promotions program updates via VTT coordinated by NEHC program managers. The training is an ideal resource for Command Fitness Coordinators, Health Promotion staff, MWR personnel, or anyone interested in enhancing their knowledge of healthy lifestyle strategies. Contact NEHC Training Program Manager for more information e-mail: vickerss@nehc.med.navy.mil, phone: (757) 462-5571 or DSN 253-5571.

Performance Power...the Nutrition Connection (PPNC)

PPNC is a tri-service educational package developed by the United States Army Research Institute for Environmental Medicine (USARIEM) and distributed throughout the DoD by the United States Army Center for Health Promotion and Preventive Medicine (USACHPPM).

The purpose of PPNC is to increase health and readiness by communicating performance nutrition information. Implementation of PPNC does not require a health care professional. Training Officers and NCO's can utilize it at the unit level.

The PPNC contains seven modules. Each module contains a videotape (10-15 min.), an instructor manual, and a participant manual. The participant manual is provided in cameral-ready copy so it can be reproduced locally in the amount required. Brochures and participant manuals are available through normal supply channels from the US Army Publications Distribution Center, St. Louis. "Unit of Issue" (UI) for Participant Manuals 1-7 is 25 and the UI for brochures is 100. Request manuals and brochures by their publication number. Publication numbers are listed below:

Misc. Pub 40-2 "Performance Nutrition for Weight Management" brochure
Misc. Pub 40-3 "Performance Nutrition Myth & Facts" brochure
Misc. Pub 40-4 "Food Shopping Making Performance Choices" brochure
Misc. Pub 40-5 "Performance Power Module 1, Getting Started"
Misc. Pub 40-6 "Performance Power Module 2, Performance Diet"
Misc. Pub 40-7 "Performance Power Module 3, Performance Choices"
Misc. Pub 40-8 "Performance Power Module 4, Fluids"
Misc. Pub 40-9 "Performance Power Module 5, Nutritional Supplements"
Misc. Pub 40-10 "Performance Power Module 6, High Caliber Field Nutrition"
Misc. Pub 40-11 "Performance Power Module 7, Performance and Your Weight;
Achieving Optimal Body Composition"

Transfer all requisitions using the following systems:

STARPUBS DDN Interface System (SDIS) asqzim@hoffman-emhl.army.mil

<http://www-usappc.hoffman.army.mil>

USAPPC Bulletin Board System (BBS) DSN 221-6736, or 6737

Point of Contact: For videos, contact
USAVIC Attn: SAM-OPV-JT
Bldg. 3/Bay 3
11 Hap Arnold Blvd
Tobyhanna, PA 18466-5102
DSN 795-6106 (FAX) or CM (717) 895-6106 (FAX)

For instructor manuals, contact:
(757) 462-5585
(757) 444-1345 (FAX)

US Marine Corps - Resource Kits and Materials

US Marine Corps Semper Fit Resources

The following information includes internal training kits, awareness materials, and instructional videos that can be obtained through the USMC Semper Fit program. This information will be a valuable resource in the development, implementation, and evaluation of comprehensive wellness centers and programs.

- Semper Fit Lesson Plans. Each Lesson Plan lasts approximately 1 hour and can be taught by any Marine. Includes speaker notes and overhead templates on white paper.
- HIV/STD Prevention. Each kit includes color overheads and two videos.
- Suicide Awareness
- Smokeless Tobacco Cessation
- Alcohol Abuse Prevention
- Nutrition and Human Performance
- Back Injury and Muscle Strain Prevention
- Semper Fit Coordinator's Resource Manual (470 pages). This manual provides background information and programming ideas for the local Semper Fit Coordinator/Officer.
- Annually updated Semper Fit posters
- Annually updated Semper Fit pamphlets
- Semper Fit stickers. Each displays the Semper Fit Logo in color
- Daily 16 instructional video and lesson plan (Nov 1998)
- MCO 6200.4A. Semper Fit Order signed 1997

Point of Contact: Manpower and Reserve Affairs
MR Division
3280 Russell Rd.
Quantico, VA 22134-5103
(703) 784-9542
DSN 279-9542
For ordering information, see the SemperFit website:
<http://www.hqmc.usmc.mil/semperweb1/semper.htm>

Internal Websites

Navy Environmental Health Center (NEHC)

<http://www-nehc.med.navy.mil>

Navy Environmental Health Center Health Promotion

<http://www-nehc.med.navy.mil/hp/index.htm>

Navy Environmental Health Center (NEHC)

Physical Fitness Homepage

<http://www-nehc.med.navy.mil/hp/fitness/index.htm>

Navy Environmental Health Center (NEHC)

Injury Prevention Homepage

<http://www-nehc.med.navy.mil/hp/injury/index.htm>

Marine Corps Health Promotion: Semper Fit

<http://www.hqmc.usmc.mil/semperweb1/semper.htm>

MHS Health Promotion Forum

<http://www.healthonline.com/mhs>

Naval Health Research Center (NHRC)

<http://www.nhrc.navy.mil>

Navy: BUMED

<http://support1.med.navy.mil/bumed>

Navy: BUPERS

<http://www.navy.mil/homepages/bupers>

Certifications/Training Courses

1. Navy & Marine Corps Health Promotion Director (HPD) Training and Certification Course

This HPD course is designed for Health Promotion Coordinators. It provides Navy & Marine Corps HP Coordinators standardized training and proactive knowledge for developing, implementing, and evaluating programs for their commands and is presented by the Cooper Institute for Aerobics Research.

POC: Coordinator/Navy Environmental Health Center (NEHC)
(757) 462-5598
DSN 253-5598
(757) 444-1345 (FAX)

2. Navy Fitness Instructor Course – NPC-651H

This fitness leader course is a one-week course designed to train personnel to become Fitness Instructors. The first portion of the course covers Navy policy on physical fitness from OPNAVINST 6110.1E. Students are exposed to all administrative requirements needed to run a successful program including how to conduct a safe PRT. The second half of the course is taught by personnel from a nationally recognized physical fitness organization who instruct students on proper nutrition and exercise and how to conduct fitness assessment testing for individuals who desire a personal workout routine. Students will be able to train and certify Command Fitness Coordinators in their local area.

POC: NPC (NPC-651H)
(901) 874-6631
DSN 882-6631

3. Navy Exercise Leader Course

The Navy Exercise Leader Course is a three-day course designed to train personnel to become Command Fitness Coordinators (CFC). The course is offered via video teletraining (VTT) by BUPERS (Pers-601) or by various certified Navy Fitness Instructors at MWR fitness centers. The course covers all the administrative requirements of OPNAVINST 6110.1E, how to run a safe PRT, how to design and implement an effective remedial program, and gives an overview of the Navy Health Promotion program. Upon completion of the course, members will be certified CFC's.

POC: NPC (NPC-601)
(901) 874-4243
DSN 882-4243

4. **Navy Environmental Health Center Annual Health Promotion Conference**
This annual health promotion conference provides a variety of practical information in the areas of medical management, occupational health, preventive medicine, health promotion, and operational medicine. Developed by the Navy Environmental Health Center, instruction sessions encourage a population-based approach to readiness that combines systems thinking with a recognition of the unique needs of each individual.
Website: <http://www-nehc.med.navy.mil>

5. **Fleet Health Promotion at the Deckplate Training Course**
This course is designed to assist commands in developing and implementing their local health promotion program. It presents a comprehensive overview of important health promotion issues and equips participants to deliver effective training at their worksites.

Pacific Fleet POC: Naval Medical Center, San Diego
Health Promotion Department
(619) 532-6846 ext.5139
(619) 532-6849 (FAX)

Atlantic Fleet POC: Commander Naval Surface Force US Atlantic Fleet
(COMNAVSURFLANT)
(757) 836-3077
DSN 836-3077
(757) 322-3274

Health Promotion Resources

Following is an extensive list of resources that can be obtained through the Navy Environmental Health Center. A request form is provided below.

Health Promotion Resource Request

Please complete this form and mail to:

Navy Environmental Health Center
Attn: Library
2510 Walmer Avenue
Norfolk, Virginia 23513-2617
or fax to: (757) 444-1345

Note: Materials may be borrowed for three weeks. No renewals. You will be responsible for the cost of damaged or lost materials.

Current Date: _____

Date Needed: _____

____ Book ____ Journal ____ Video ____ Audio ____ Other

Title: _____

Author: _____

Requester's
Name: _____

Code: _____

Command: _____

Address: _____

Email _____

Fax: _____

Telephone: _____

NEHC Resources

Great Performance, Inc. – 1998 Booklet and Video Selection

<u>Videos</u>	<u>Time (min.)</u>	<u>Qty.</u>	<u>Booklets</u>
Alcohol & Drugs	13:00	2	2
Back - Strength & Fitness	12:54	2	2
Cholesterol-Control	18:00	2	2
Diet & Cancer Prevention	11:34	2	2
Fitness	12:38	2	2
High Blood Pressure	13:01	2	2
Job Stress	09:35	2	8
Preventing Burnout	12:05	2	2
Self-Esteem	11:26	2	8
Shopping Smart - A Consumer's Guide to Healthy Food Selection/Special Section on (How to Read Labels)	15:00	1	-
Smoking	10:50	2	2
Stress Management	12:16	2	2
Taking Personal Action Home	15:50	2	2
Time Management	10:24	2	2
Weight Management	11:30	2	2
Wellness	14:55	2	2
<u>Booklets</u>			
Job Stress		2	-
Self-Esteem		2	-

Coordinator and Trainer Kits

<u>Materials</u>	<u>Qty.</u>
Alcohol & Drugs	4
Back-Strength and Fitness	4
Cholesterol Control	4
Diet and Cancer Prevention	3
Fitness	3
High Blood Pressure	3
Men and Self-Care	4
Preventing Burnout	3
Smoking - The Road to a Smoke Free Life	3
Stress Management	3
Time Management	4
Weight Management	4
Wellness - Skills for Lifestyle Change	4
Women and Self-Care	2

The Covert Bailey Video Collection
Beyond Covert Bailey's Fit or Fat (2 sets)

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
Tape 1	83:00	2
Potbellies & Thunder Thighs		
Body Fat in America		
Height-Weight Charts that Work		
Tape 2	77:00	2
How to Get Fit Fast		
How Muscles Work		
Comparing Exercises		
Tape 3	77:00	2
Muscle In on Your Metabolism		
Crash Diets & Other Weight-Loss Tricks		
Mistakes Fitness Buffs Make		
Tape 4	101:00	2
The Target Diet		
Sugar & Other Carbohydrates		
Steroids, Cholesterol, & Other Facts		
Food & Fitness Foolishness		
Tape 5	77:00	1
Fit or Fat for the 90's		
Facts on Losing Fat While Staying Fit		
Tape 6	21:00	2
Body Fat in America		
Tape 7	15:00	2
Fitness = Health		
Tape 8	21:00	2
Twelve Years to Get Fat		

SOF (The Lowfat Living Company)

Think Light Starter Kit

The Marketing Materials Include	
1	Think Light! marketing manual
25	Lowfat Living catalogs
1	Catalog display
50	"What's for Dinner" flyers
1	Flyer wall display
1	Don't Diet- Think Light video
1	Lowfat Living newsletter
-	Reproducible designs for ads, flyers, logos
The Educational Materials Include	
1	Think Light! facilitator manual
3	Reproducible participant assessment masters
14	Reproducible handouts
-	Reproducible check-in card

The Facilitator Training Program Includes	
6	Audio-cassette self-study training program
1	Self-study training workbook
The Participant Materials Include	
1	Think Light! lowfat living plan
1	Companion Guide
1	Lowfat Living System
1	Recipe Pak II
1	Lowfat Living Through the Holidays Recipe Pak
1	Lowfat Living Out to Eat Guide
1	Smart Shopper
The Promotional Materials Include	
1	Think Light! T-shirt
1	Think Light! water bottle
2	Think Light! posters
25	Think Light! promotional buttons

NEHC Resources Cont.

CNN The Turner Multimedia

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
The ABC's of Children's Nutrition	23:00	1
Diet Obsession	25:00	1
Eating Healthy for Dining Out	24:05	1
Eating Healthy for Heart Health	24:41	1
Eating Healthy for Kids	21:28	1
Eating Healthy for Life	22:27	1
Eating Healthy for Sports	23:00	1
Eating Healthy for the Best Years	23:00	1
Eating Healthy for Weight Control	23:34	1
Eating Healthy on a Budget	23:00	1
Study Guide		1
The Taste of Eating Healthy	23:00	1

Long Island Productions

Safety Bite

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
Housekeeping Responsibilities	05:00	1
Human Behavior- Reducing Unsafe Acts	05:56	1
Safe Lifting	05:00	1
VDT Safety	06:48	1

United States Navy

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
B03505- Quality of Life: Stress Management/Blood Pressure	24:00	1
B03506- Quality of Life: Health & Physical Fitness	18:00	1
B03507- Quality of Life: Weight & Fat Control/Nutrition	24:00	1
B05580- Back to Basics: Back Injury Prevention Afloat	15:00	1
N1526-93-0038- Navy Medicine from the Sea	05:30	1

American Heart Association

Heart at Work

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
Fundamentals of Heart at Work	11:00	1
How's the Health of your Business	11:39	1
The Heart at Work Product Line (An Orientation Video for Volunteers and Staff)	11:39	2

Media Inc.

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
Women's Health Breast Facts	08:00	1
Women's Health Breast Self-exams for Teens	07:00	1
Testicular Self-exam	05:00	1

Miscellaneous Videos

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
MASS Department. of Public Health Houston Effler, "Year End Video" Department. of Health Anti-Smoking PSA's (TV & Radio)	120:00	1
The ZADOX Family Health Video Network, "Controlling Cholesterol through Exercise & Fitness"	30:00	1
National Cancer Institute Program for Physicians, "How to Help Your Patients Stop Smoking" plus Trainer's Guide, "How to Help your Patients Stop Smoking"	09:00	1
American Medical Association, "Osteoarthritis" Video Housecall	30:00	1
Jean Tannis Dennerll, "Medical Terminology Made Easy"	Kit	1
The Ohio State University James Cancer Hospital and Research Institute, "Breast Cancer"	08:08	3
The Ohio State University James Cancer Hospital and Research Institute, "Skin Cancer"	06:42	3
The Ohio State University James Cancer Hospital and Research Institute, "Men and Cancer"	08:34	3
The Ohio State University James Cancer Hospital and Research Institute, "Women and Cancer"	07:35	3
The Ohio State University James Cancer Hospital and Research Institute, "Cancer & Prevention"	10:06	3
American Academy of Pediatrics, "Before It's Too Late, Vaccinate" (Closed captioned for the hearing impaired)	20:00	3
Center for Disease Control, "Tuberculin Skin Testing"	15:00	1
Pat and Cheryl Mairisciann, "No Second Chance" (AIDS Disease)	30:00	1

Exercise Videos

<u>Tapes</u>	<u>Time (min.)</u>	<u>Qty.</u>
Body Shaping- Step Reebok Beginning		1
Body Shaping- Step Reebok Intermediate		1
Body Shaping- Step Reebok Advanced		1
Firm Parts - 5 Day ABS	87:00	1
Firm Parts - Standing Legs	34:00	1
Firm Parts - Upper Body	30:00	1
The Firm - Volume 1	40:00	1
The Firm - Volume 2	40:00	1
The Firm - Volume 3	40:00	1
The Firm - Volume 4	40:00	1
The Firm - Volume 5	40:00	1
The Firm - Volume 6	40:00	1
Richard Simmons, "Sweating to the Oldies"	47:00	1

Audio Cassettes

<u>Tapes</u>	<u>Time(min.)</u>	<u>Qty.</u>
Psychology Today, "Success Over Smoking"	50:00	1
Robert E. Kowalski, "The 8 Week Cholesterol Cure"	50:00	1
Roger Mellott, "Stress Management for Professionals	30:00	1
The Relaxation Response (copy)	94:00	1
Vital Body Marketing, "Complete Relaxation"	50:00	1

Publications

Consumer Reports on Health

Monthly

A Publication of consumers union

Subscription Dept.

P.O. Box 52148

Boulder, CO 80321-2148

Health Promotion International

Quarterly

Issn 0957-4824

Journal Marketing Dept.

Oxford University Press

2001 Evans Rd.

Cary, NC 27513

IMPACT Employee Health Newsletter

Monthly

The Cooper Institute for Aerobics

Research

12330 Preston Road

Dallas, TX 75230

Vitality

Monthly

Issn 1074-5831

Vitality Inc.

8080 N. Central LB 78

Dallas, TX 75026

Tobacco Control

Quarterly

Issn 0964-4563

British Medical Journal c/o

Paige Processing Systems

P.O. Box 408

Franklin, MA 02038

The Johns Hopkins Medical Letter
Health After 50

Monthly

Subscription Dept.

Health After 50

P.O. Box 420179

Palm Coast, FL 32142

American Journal of Health Promotion

Bi-Monthly

Issn 0890-1171

Mosby-Year Book, Inc.

AWHP's Worksite Health

Quarterly

Association for Worksite Health Promotion 60

Revere Drive, Suite 500

Northbrook, IL 60062

American Journal of Health Promotion

Bi-Monthly

Issn 0890-1171

Mosby-Year Book, Inc.

11830 Westline Industrial Dr.

St. Louis, MO 63146-3318

Nutrition Action Health Letter

Monthly

Center for Science in Public Interest

Suite 300

1875 Connecticut Ave. NW

Washington, D.C. 20009-5728

Personal Best

Monthly

Scott Publishing, Inc.

420 5th Avenue S., Suite D.

Edmonds, WA 98020

Suicide & Life Threatening Behavior

Quarterly

Issn 0890-1171

Guilford Publications, Inc.

Dept. 7L, 72 Spring Street

New York, NY 10012

Work Place Health Vitality

Monthly

8080 North Central, LB 78

Dallas, TX 75206-1818

Fitness

Monthly

Fitness

P.O. Box 22928

Rochester, NY 14692-694

References & Books

365 Ways To Get Out The Fat: A Tip A Day To Trim The Fat Away/American Heart Association, 1st ed., Times Books, c1997.

5-A-Day For Better Health: The New Nationwide Health Promotion Featuring Fruits and Vegetables/National Cancer Institute, 1994.

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<http://www.cdc.gov/nccdhome.htm>

CDC National Center for HIV/STD/TB Prevention (NCHSTP)

<http://www.cdc.gov/nchstp/od/nchstp.html>

CDC National Immunization Program (NIP)

<http://www.cdc.gov/nip>

CDC NIP Clinical Assessment Software Application (CASA)

<http://www.cdc.gov/nip/casa>

CDC PC Wonder on the Web

<http://www.wonder.cdc.gov>

Department of Agriculture Home Page (USDA)

<http://www.usda.gov>

Food and Drug Administration Home Page (FDA)

<http://www.fda.gov>

HHS Health Resources and Services Home Page

<http://www.hhs.gov>

HHS Health Resources and Services Administration (HRSA)

<http://www.hrsa.dhhs.gov>

HHS Healthy People 2000

<http://odphp.osophs.dhhs.gov/pubs/hp2000>

HHS Office of Disease Prevention and Health Promotion

<http://odphp.osophs.dhhs.gov>

HHS ODPHP National Health Information Center (NHIC)

<http://nhic-nt.health.org/index.htm>

HHS Put Prevention into Practice (PPIP)

<http://www.hhs.gov.PPIP/index.html>

Library of Congress

<http://www.locweb.loc.gov>

National Library of Agriculture (Note: Nutrition Information)

<http://www.nalusda.gov>

National Library of Medicine

<http://www.nlm.nih.gov>

NIH National Institutes of Health Home Page

<http://www.nih.gov>

NIH National Cancer Institute (NCI)

<http://www.nci.nih.gov>

NIH NCI 5 A Day Home Page

<http://www.dcpc.nci.gov/5aday>

NIH NCI Division of Cancer Control and Population Sciences

<http://www.dccpc.nci.nih.gov/DCCPS>

NIH NCI Division of Cancer Prevention

<http://www.dccpc.nci.nih.gov/DCP>

NIH National Heart, Lung, and Blood Institute (NHLBI) Note: Hypertension Guidelines

<http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm>

NIH National Institute on Aging

<http://www.nih.gov/nia>

NH Office of Alternative Medicine (OAM)

<http://altmed.od.nih.gov/oam>

USAJOBS: US office of Personnel Management Federal Jobline:

<http://www.usajobs.opm.gov>

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<http://www.uri.edu/research/cprc/cprc.htm>

Cooper Institute for Aerobics Research

<http://www.cooperinst.org>

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<http://www.healthonline.com/INDEX.htm>

Mayo Health Oasis

<http://www.mayohealth.org>

MEDiC Homepage

<http://dpam2.med.uth.tmc.edu>

Medscape

<http://www.medscape.com>

New England Journal of Medicine (NEJM)

<http://www.nejm.org>

Prevent Blindness America Home Page

<http://www.prevent-blindness.org>

University of Houston (Note: Stages of Change)

<http://firenza.uh.edu/Departments.html/psychology.html/change/change.htm>

Virtual Hospital

<http://vh.radiology.uiowa.edu/VirtualHospital.html>

Wellness Web

<http://www.wellweb.com>

Wellness Council of America (WELCOA)

<http://www.welcoa.org/normal.htm>

International Organizations

Centre for Health Promotion University of Toronto

<http://www.utoronto.ca/chp/index.html>

International Food Information Council
<http://ificinfo.health.org>
World Health Organization (WHO)
<http://www.who.ch>

Military (General)

Air Force Home Page
<http://www.af.mil>
Army Home Page
<http://www.army.mil>
Defense Link
<http://www.defenselink.mil>
Department of Defense:Health Affairs (DoD HA)
<http://www.ha.osd.mil>
Marine Corps Home Page
<http://www.hqc.usmc.mil>
Navy Home Page
<http://www.navy.mil>
Navy: BUMED
<http://support1.med.navy.mil/bumed>
Navy: BUPERS
<http://www.navy.mil/homepages/bupers>
Navy: BUPERS (New Address)
<http://www.bupers.navy.mil>
Navy Environmental Health Center (NEHC)
<http://www-nehc.med.navy.mil>
Navy Medical and Dental Facilities Links
<http://support1.med.navy.mil/bumed/med.htm>
Naval Health Research Center (NHRC)
<http://www.nhrc.navy.mil>

Military Health Promotion Sites

Air Force Office for Prevention and Health Service Assessment (OPHSA)
<http://www.ophsa.brooks.af.mil/index.html-ssi>
Army Center for Health Promotion (USACHPPM)
<http://chppm-www.apgea.army.mil>
Army Surgeon General
<http://www.armymedicine.army.mil/armymed/default.htm>
Marine Corps Health Promotion: Semper Fit
<http://www.hqmc.usmc.mil/semperweb1/semper.htm>
MHS Health Promotion Forum
<http://www.healthonline.com/mhs>
Navy Environmental Health Center Health Promotion (NEHC-HP)
<http://www-nehc.med.navy.mil/hp/index.htm>

Navy Surgeon General
<http://support1.med.navy.mil/bumed/sg.htm>

National Organizations

American Association for Health Education
<http://www.aahperd.org/aahe/aahe/html>
American Cancer Society
<http://www.cancer.org/frames.html>
American Diabetes Organization
<http://www.diabetes.org>
American Dietetic Association
<http://www.eatright.org>
American Evaluation Association
<http://www.eval.org>
American Heart Association National Center
<http://www.amhrt.org>
American Medical Association (AMA)
<http://www.ama-assn.org>
American Psychological Association (APA)
<http://www.apa.org>
American Public Health Association (APHA)
<http://www.apha.org>
Association of State and Territorial Health Officers (ASTHO)
<http://www.astho.org>
State of Florida Department of Health
<http://www.state.fl.us/health>
University of South Florida (USF)
<http://www.usf.edu/graphic.html>

News

CNN Health News
<http://cnn.com/HEALTH/index.html>
New York Time Health News
<http://yourhealthdaily.com>

Other Health Links and Search Sites

Health Resources
<http://allabanza.com/kabacoff/Inter-Links/medicine.html>
Health Resources: Semper Fit
<http://www.hqmc.usmc.mil/semprweb1/resource.htm>

HealthFinder

<http://www.healthfinder.gov>

HIV Info Web

<http://www.infoweb.org/medicine>

Links to World Wide Internet Medical Sites from Costa Rica

<http://www.edenia.com/medical/me06000.htm>

National Library of Medicine Medline Search

<http://www.ncbi.nlm.nih.gov/PubMed>

Public Health Resource (APHA) (NOTE: Excellent Link)

<http://www.apha.org/resources/index.html>

Search Engines and Web Guides

Alta Vista

<http://altavista.digital.com>

Excite

<http://www.excite.com>

HOTBOT

<http://www.hotbot.com>

Infoseek

<http://www.infoseek.com>

LookSmart

<http://www.looksmart.com/r?1>

Lycos

<http://www.lycos.com>

YAHOO

<http://www.yahoo.com>

External Resources

Through the Department of Continuing Education and the Department of Behavioral Science and Health Promotion, the Cooper Institute for Aerobics Research (CIAR) certifies thousands of workshop participants each year. Students gain knowledge in a variety of areas including, but not limited to nutrition, biomechanics, advanced personal training, and health promotion and fitness management. For more information, contact:

Cooper Institute for Aerobics Research
12330 Preston Road
Dallas, TX 75230
(800) 635-7050
(972) 341-3200
(972) 341-3224 (FAX)

The following list of national health/fitness organizations can provide health promotion information in programming and certification needs.

Certification Organizations

Aerobics & Fitness Association of America (AFAA)

15250 Ventura Boulevard, Suite 310
Sherman Oaks, CA 91403
(818) 905-0040

Certified Aerobics Instructor

American Board of Physical Therapy Specialists

American Physical Therapy Association
1111 North Fairfax St.
Alexandria, VA 22314

American College of Sports Medicine (ACSM)

401 Michigan St.
P.O. Box 1440
Indianapolis, IN 46206-1440
(317) 637-9200

Health/Fitness Track

Exercise Leader
Health/Fitness Instructor
Health/Fitness Director

Rehabilitative Track

Exercise Test Technologist
Exercise Specialist
Exercise Program Director

American Council on Exercise (ACE), formerly the IDEA Foundation

6190 Cornerstone Court East, Suite 202
San Diego, CA 2121-4729
(800) 825-3636

Certified Aerobics Instructor
Certified Personal Trainer

Commission on Dietetic Registration
The American Dietetic Association (ADA)

216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
(312) 899-0040

Registered Dietician

The Cooper Institute for Aerobics Research (CIAR)

12300 Preston Rd.
Dallas, TX 75230
(972) 341-3200

Physical Fitness Specialist
Advanced Physical Fitness Specialist
Health Promotion Director
Nutrition Specialty Certification

National Academy of Sports Medicine (NASM)

123 Hodencamp Rd., Suite 204
Thousand Oaks, CA 91360
(800) 656-2739
(805) 449-1370

Standard Personal Training
Advanced Personal Training

National Athletic Training Association, Inc. (NATA)

National Athletic Trainers Association Board of Certification, Inc. (NATABOC)
2952 Stemmons Freeway
Dallas, TX 75247
(214) 637-6282

National Commission for Health Education Credentialing, Inc. (NCHEC)

Professional Examination Service
944 Marcon Blvd., Suite 310
Allentown, PA 18103
(888) 673-5445

Certified Health Education Specialist

National Strength and Conditioning Association (NSCA)

916 O St.
Lincoln, NE 68508
(402) 472-3000

YMCA of the USA

101 North Wacker Drive
Chicago, IL 60606
(312) 977-0031
More than 90 certification programs for health/fitness professionals

Career Placement/Recruiting Sources

Association for Worksite Health Promotion
60 Revere Drive Suite 500
Northbrook, IL 60062
(708) 480-9574

South Hall, 1319 Fremont Street
Stevens Point, WI 54481
(715) 346-2172
Monthly job opportunity bulletin for members

American College of Sports Medicine (ACSM)
P.O. Box 1440
Indianapolis, IN 46206-1440
(317) 637-9200
Career opportunities bulletin for members

Association for the Advancement of Health
Education (AAHE)
1900 Association Drive
Reston, VA 22091
(703) 476-3437
Computerized job bank for members

National Wellness Institute (NWI)

Trade and Professional Associations for Fitness, Health, and Related Recreational Concerns

The organizations listed below can assist facility managers in creating programming, understanding and achieving qualifications, training staff, continuing staff education, and keeping abreast of current data and trends of the fitness world.

Aerobics and Fitness Association of America
15250 Ventura Blvd., Ste. 200
Sherman Oaks, CA 91403
(818) 905-0040

American Massage Therapy Association
820 Davis Street, Ste. 100
Evanston, IL 60201-4444
(847) 864-0123

American Association of Cardiovascular and
Pulmonary Rehabilitation
7611 Elmwood Ave., Ste. 201
Middletown, WI 53562
(608) 831-6989

Association for Worksite Health Promotion
60 Revere Dr., Ste. 500
Northbrook IL 60062
(847) 480-9574

American Alliance for Health, Physical
Education, Recreation and Dance
1900 Association Dr.
Reston, VA 20191
(703) 476-3400

International Council for Health, Physical
Education and Recreation
1900 Association Dr.
Reston, VA 20191
(703) 476-3471

American College of Sports Medicine
P.O. Box 1440
Indianapolis, IN 46206-1440
(317) 637-9200

IDEA (International Association of Fitness
Professionals)
6190 Cornerstone Court East, Ste. 204
San Diego, CA 92121
(800) 999-IDEA

American Council on Exercise
5820 Oberlin Dr., Ste. 102
San Diego, CA 92121
(619) 535-8227

International Health, Racquet and Sportsclub
Association (IHRSA)
263 Summer St.
Boston, MA 02210
(617) 951-0055

American Heart Association
7320 Greenville Ave.
Dallas, TX 75231
(214) 373-6300

National Athletic Trainers Association and
Certification Board, Inc.
2952 Stemmons Freeway
Dallas, TX 75247
(214) 637-6282

National Employee Services and Recreation
Association
2211 York Rd., Ste. 207
Oak Brook, IL 60521-2371
(708) 368-1280

National Institute for Occupational Safety and
Health - Division of Safety Research
1095 Willowdale Rd.
Morgantown, WV 26505
(304) 285-5894

National Strength and Conditioning Association
(NSCA)
916 O St.
Lincoln, NE 68508
(402) 472-3000

National Swimming Pool Foundation
P.O. Box 495
Merrick, NY 11566
(516) 623-3447

National Wellness Institute
P.O. Box 827
Stevens Point, WI 54481
(715) 342-2969

President's Council on Physical Fitness & Sports
701 Pennsylvania Ave. West, Ste. 250
Washington, DC 20004
(202) 272-3421

Sporting Goods Manufacturers Association
200 Castlewood Dr.
North Palm Beach, FL 33408
(407) 842-4100

U.S. Squash Racquets Association
P.O. Box 1216
Bala Cynwyd, PA 19904
(610) 667-4006

Wellness Councils of America
Community Health Plaza, Ste. 311
1701 Newport Ave.
Omaha, NE 68152-2175
(402) 572-3590

Professional Associations

Rehabilitation/Sports Medicine

American College of Sports Medicine (ACSM)
P.O. Box 1440
Indianapolis, IN 46206-1440
(317) 637-9200

Nutrition

The Sports and Cardiovascular Nutritionists
Dietetic Practice Group (SCAN)
The American Dietetic Association
216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
(312) 899-0040

Corporate Health & Fitness

Association for Worksite Health Promotion
60 Revere Drive, Suite 500
Northbrook, IL 60062
(708) 480-9574

Wellness Councils of America (WELCOA)
Historic Library Plaza
1823 Harney Street, Suite 201
Omaha, NE 68102
(402) 444-1711

Community Wellness

National Wellness Institute (NWI)
South Hall, 1319 Fremont Street
Stevens Point, WI 54481
(715) 346-2172

Exercise & Fitness

IDEA, Inc. The Association for Fitness
Professionals
6190 Cornerstone Court East, Suite 204
San Diego, CA 92121-3773
(800) 999-4332

Public Health

Society for Public Health Education (SOPHE)
2001 Addison Street, Suite 200
Berkeley, CA 94704
(415) 644-9242

School/ University

American Association for Health, Physical
Education, Recreation and Dance (AAHPERD)
1900 Association Drive
Reston, VA 22091
(703) 476-3403

Six organizations under the AAHPERD umbrella:

Association for the Advancement of Health
Education
National Dance Association
National Association for Sport and Physical
Education
National Association for Girls and Women in
Sport
American Association for Leisure and
Recreation
Association for Research, Administration,
Professional Council and Societies

Provider Directories

Association for Worksite Health Promotion
60 Revere Drive, Suite 500
Northbrook, IL 60062
(708) 480-9574

Annual Membership Directory and Buyer's
Guide free to members.
Club Industry
1415 Beacon Street C9122
Boston, MA 02146
(800) 541-7706
(617) 277-3823
January issue Buyer's Guide. Published
annually; free to Club Industry magazine
subscribers.

American Hospital Association
Division of Ambulatory Care and Health
Promotion 840 North Lake Shore Drive
Chicago, IL 60611
(312) 280-6000

Packaged Health Promotion Program Listing,
1990. Free to AHA members; \$10 for
nonmembers.
Hospital / Worksite Health Services Resource,
1990. \$20 for members and nonmembers

Fitness Management
3923 West Sixth Street
Los Angeles, CA 90020
(213) 385-3926
*Fitness Management Product and Services
Source Book*. Published annually; \$45

Low-Cost Materials

American Heart Association
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300

American Cancer Society
777 Third Avenue
New York, NY 10017
(800) ACS-2345

National Cholesterol Education Program
National Heart, Lung, and Blood Institute
National Institutes of Health
C-200
Bethesda, MD 20892
(301) 496-4000

National High Blood Pressure Education
Program
U.S. Department of Health and Human Services
Public Health Services National Institute of
Health
Building 31, Room 4A05
Bethesda, MD 20892
(301) 496-1051

National Cancer Institute
U.S. Department of Health and Human Services
Public Health Services
National Institutes of Health
Bethesda, MD 20892
(800) 4CANCER
(301) 496-6927

Nutrition Resource Address Listing

Altschull Group Corporation
1560 Sherman
Evanston, IL 60201
(847) 328-6700

American Cancer Society
P.O. Box 5600889
Dallas, TX 75356-0089

American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995
(800) 877-1600 ext. 5000
<http://www.eatright.org>

American Heart Association
Contact your local office

American Institute for Cancer Research
1759 R Street NW
Washington, DA 20069
(800) 843-8114

Centers for Disease Control
<http://www.cdc.gov>

Center for Science in the Public Interest
1501 16th Street NW
Washington, DC 20036
(202) 667-7733

Children's Nutrition Research Center at Baylor
College of Medicine
<http://www.bcm.edu/cnrc>

Cooper Clinic
Nutrition Department
12200 Preston Road
Dallas, TX 75230
(214) 239-7223

Computrition, Inc.
P.O. Box 4689
Chatsworth, CA 91313-4689
(800) 222-4488
(818) 701-1702 (FAX)

Department of Health and Human Services
Food and Drug Administration
Office of Public Affairs
5600 Fisher Lane
Rockville, MD 20857

National Institutes of Health
US Government Printing Office
Mail Stop: SSOP, Washington, DC 20402-9328

Dietetics Online
<http://www.bednet.com/donet>

DINE Systems, Inc.
586 North French Road Suite 2
Amherst, NY 14228
(800) 688-1848
<http://www.dinesystems.com>

Dole 5 a Day
<http://www.dole5aday.com/>

Esha Research
P.O. Box 13028
Salem, OR 97309
(800) 659-3742

Food and Drug Administration (FDA)
<http://www.fda.gov/opacom/hpnews.html>

National Health Video
12021 Wilshire Boulevard Suite 550
Los Angeles, CA 90025
(800) 543-6803

National Heart Lung and Blood Institute
P.O. Box 30105
Bethesda, MD 20824-0105
(800) 575-WELL
(301) 251-1223 (FAX)

National Institutes of Health
<http://www.nih.gov/icd>

Nutrition Counseling Education Services
1904 East 123rd ST.
Olathe, KS 66061-5886
(800) 445-5653
(800) 251-9349 (FAX)

Parlay International
Box 8817
Emeryville, CA 94662-0817
(800) 457-2752

Positive Promotions
40-01 168th St
Flushing, NY 11358
(800) 635-2666

Pyramid Film and Video
Box 1048
Santa Monica, CA 90406-1048
(800) 421-2304

Stanford Center for Research in Disease
Prevention
Health Promotion Resource Center Distribution
Center
1000 Welch Road
Palo Alto, CA 94304-1885
(415) 723-1000

Supermarket Savvy
P.O. Box 70769
Reston, VA 22091
(703) 742-3364
(703) 742-3316 (FAX)

Tufts University Diet and Nutrition Letter
P.O. Box 57857
Boulder, CO 80322-7857
(800) 274-7581

United States Department of Agriculture
Human Nutrition Information Service
U.S. Government Printing Office
Superintendent of Documents
Mail Stop: SSPO Washington, DC 20402-9328
<http://www.usda.gov>

United States Department of Health and Human
Services
<http://www.os.dhhs.gov/>

Vitality
8080 North Central, LB 78
Dallas, TX 75206
(800) 863-7736
<http://www.vitalitymag.com>

Whole Person Associates
210 West Michigan
Duluth, MN 55802
(800) 247-6789
(218) 727-0505 (FAX)

World Health Organization
<http://www.who.ch/>

National Health Observances

Information for National Health Observances related to Health Promotion

January

National Autism Awareness Month

Autism Society of America
7910 Woodmont Avenue
Suite 650
Bethesda, MD 20814-3015
(800)3-AUTISM (parent information and referral
calls only)
(800)329-0899 (fax-on-demand, quick response)
(301)657-0881
(301)657-0869 (Fax)

Materials: information packages

National Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914)997-4600

Materials: kit
Contact: Publications Coordinator

Sight-Saving Sabbath

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

National Eye Care Month

OPTIC Foundation
P.O. Box 429098
San Francisco, CA 94142-9098
(415)561-8500
(415)561-8567 (Fax)

Materials: educational materials related to eye health
Contact: Rosemary Rushka

National Glaucoma Awareness Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

February

American Heart Month

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800)AHA-USA1

Materials: educational materials for the public; posters in English and Spanish; media materials, e.g., news releases, public service announcements
Contact: Program departments or local chapters

Low Vision Awareness Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

National Children's Dental Health Month

American Dental Association
211 E. Chicago Avenue
Chicago, IL 60611
(800)947-4746
(312)440-2758

Contact: Nina Koziol

National Condom Day

American Social Health Association
P.O. Box 13827
Research Triangle Park, NC 27709
(919)361-8400
(919)361-8425 (Fax)

Materials: patient education information
Contact: Public Relations Office

Wise Health Consumer Month

American Institute for Preventive Medicine
30445 Northwestern Highway Suite 350
Farmington Hills, MI 48334
(248)539-1800, ext. 247
(248)539-1808 (Fax)

Contact: American Institute for Preventive Medicine

National Girls and Women in Sports Day

Women's Sports Foundation
Eisenhower Park
East Meadow, NY 11554
(516)542-4700
(516)542-4716 (Fax)
wosport@aol.com (E-mail)

Materials: pamphlets, booklets, fact sheets, community action kit, poster
Contact: Colleen McDonough, Special Projects Office

Cardiac Rehabilitation Week

American Association of Cardiovascular and Pulmonary Rehabilitation
7611 Elmwood Avenue
Suite 201
Middleton, WI 53562
(608)831-6989

Materials: fact sheet; camera-ready artwork; t-shirts, wrist pouches, water bottles, buttons, press releases and patient education materials
Contact: Sheila Kirschbaum, Meeting Assistant

National Burn Awareness Week

Shriners Burn Institute
3229 Burnet Avenue
Cincinnati, OH 45229
(513)872-6000

National Child Passenger Safety Awareness Week

Office of Occupant Protection (NTS-10)
National Highway Traffic Safety Administration
U.S. Department of Transportation
400 Seventh Street SW
Washington, DC 20590
(202)366-9550

Contact: Office of Public Affairs

Workplace Eye Health and Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

March

Hemophilia Month

National Hemophilia Foundation
Soho Building
110 Greene Street, Suite 303
New York, NY 10012
(800)42–HANDI

Materials: information on hemophilia, other bleeding disorders, HIV/AIDS, von Willebrand's disease, hepatitis
Contact: Information Center

Mental Retardation Awareness Month

The Arc
500 East Border Street
Suite 300
Arlington, TX 76010
(817)261–6003

Materials: brochures, flyers
Contact: Liz Moore

Save Your Vision Week

American Optometric Association
243 North Lindbergh Boulevard
St. Louis, MO 63141
(314)991–4100

Materials: planning brochure
Contact: Communications Center

National Eye Donor Month

Eye Bank Association of America
1001 Connecticut Avenue NW
Suite 601
Washington, DC 20036
(202)775–4999
(202)429–6036 (Fax)

Contact: Rachel Syska, Administrative Manager

National Kidney Month

National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800)622–9010
(212)889–2210

Materials: promotional kit including brochures, news release, camera-ready public service announcements
Contact: Ellie Schlam

National Nutrition Month

American Dietetic Association
216 West Jackson Boulevard Suite 800
Chicago, IL 60606–6995
(312)899–0040

Materials: posters; fitness, personal, and culinary promotional items
Contact: National Center for Nutrition and Dietetics, (312)899–0040, ext. 4653

National School Breakfast Week

American School Food Service Association
1600 Duke Street, Seventh Floor
Alexandria, VA 22314
(800)728–0728
(703)739–3900

Materials: posters, promotional materials
Contact: Marketing

National Chronic Fatigue Syndrome Awareness Month

National Chronic Fatigue Syndrome and Fibromyalgia Association
P.O. Box 18426
Kansas City, MO 64133
(816)313–2000
(816)524–6782 (Fax)

Materials: fact sheet
Contact: Public Information

Children and Healthcare Week

Association for the Care of Children's Health
7910 Woodmont Avenue
Suite 300
Bethesda, MD 20814
(800)808-ACCCH
(301)986-4553 (Fax)

Materials: promotional materials
Contact: Meredith Grady, Manager of Marketing
and Community Relations

National Inhalants and Poisons Awareness Week

National Inhalant Prevention Coalition
1201 West 6th Street, Suite C200
Austin, TX 78703
(800)269-4237

Materials: information packets in English and Spanish
Contact: Harvey Weiss, Executive Director

National Poison Prevention Week

Poison Prevention Week Council
P.O. Box 1543
Washington, DC 20013

Materials: packet of publications on poison
prevention
Contact: send postcard to address above

Pulmonary Rehabilitation Week

American Association of Cardiovascular and
Pulmonary Rehabilitation
7611 Elmwood Avenue, Suite 201
Middleton, WI 53562
(608)831-6989

Materials: fact sheet and other materials
Contact: Sheila Kirschbaum, Meeting Assistant

Brain Awareness Week

Dana Alliance for Brain Initiatives
Washington University in St. Louis
Department of Neurology
P.O. Box 8111
660 South Euclid Street
St. Louis, MO 63110
(314)362-7379

Materials: information and promotional items
Contact: Mark Goldberg

American Diabetes Alert

American Diabetes Association
1660 Duke Street
Alexandria, VA 22314
(800)DIABETES

Materials: diabetes risk tests
Contact: local affiliates (numbers are listed in the
white pages)

April

Alcohol Awareness Month

National Council on Alcoholism and Drug Dependence, Inc.
12 West 21st Street, 7th floor
New York, NY 10010
(212)206-6770, ext. 222
(212)645-1690 (Fax)
National@NCADD.org (E-mail)

Materials: kit containing poster, brochure, camera-ready materials, fact sheets, organizing guide
Contact: Public Information Department

Cancer Control Month

American Cancer Society
National Headquarters
1599 Clifton Road NE
Atlanta, GA 30329-4251
(800)ACS-2345
(404)320-3333

Materials: flyers, fundraising brochures, coping information
Contact: local chapters

Counseling Awareness Month

American Counseling Association
5999 Stevenson Avenue
Alexandria, VA 22304
(703)823-9800

Materials: publicity materials given to members
Contact: Martha Evresti

National Child Abuse Prevention Month

National Committee to Prevent Child Abuse
332 South Michigan Avenue, Suite 1600
Chicago, IL 60604
(312)663-3520
(312)939-8962 (Fax)

Materials: information packet
Contact: Public Awareness Department

National Occupational Therapy Month

The American Occupational Therapy Association, Inc.
4720 Montgomery Lane
Box 31220
Bethesda, MD 20824-1220
(301)652-2682
(301)652-7711 (Fax)

Materials: promotional package, public information products
Contact: Suzanne Carleton, Program Manager, Consumer Affairs

National STD Awareness Month

American Social Health Association
P.O. Box 13827
Research Triangle Park, NC 27709
(919)361-8400
(919)361-8425 (Fax)

Materials: brochures on sexually transmitted diseases and sexual health communication
Contact: Public Relations Office

National Youth Sports Safety Month

National Youth Sports Safety Foundation
333 Longwood Avenue, Suite 202
Boston, MA 02115
(617)277-1171
(617)277-2278 (Fax)
NYSSF@aol.com (E-mail)

Materials: educational resources and information
Contact: Rita Glassman, Associate Executive Director

Sports Eye Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

Alcohol-Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.
12 West 21st Street, 7th Floor
New York, NY 10010
(212)206-6770
(212)645-1690 (Fax)
National@NCADD.org (E-mail)

Materials: public information materials

YMCA Healthy Kids Day

YMCA of the USA
101 North Wacker Drive
Chicago, IL 60606
(312)269-1198
(312)977-9063

Materials: Healthy Kids Day Packet
Contact: Michael Spezzano,
Spezzano@YMCAUSA.ORG (E-mail)

National Building Safety Week

National Conference of States on Building Codes and Standards
505 Huntmar Park Drive
Suite 210
Herndon, VA 20170
(703)437-0100

Contact: Public Affairs

National Public Health Week

American Public Health Association
1015 15th Street NW
Washington, DC 20005
(202)789-5600

Materials: background information
Contact: Katherine S. McCarter

WalkAmerica

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914)997-4573

Materials: brochures, posters
Contact: Tony C. Chappa

World Health Day

American Association for World Health
1825 K Street NW
Suite 1208
Washington, DC 20006
(202)466-5883

Materials: resource booklet, poster
Contact: Christina Verni

National Infants Immunization Week

Centers for Disease Control and Prevention
National Immunization Program
1600 Clifton Road, Mail Stop E52
Atlanta, GA 30333
(800)232-5222
(404)639-8375
(404)639-8555 (Fax)

Contact: Community Outreach and Planning Branch

National Minority Cancer Awareness Week

Cancer Information Service
NCI Office of Cancer Communications
Building 31, Room 10A16
9000 Rockville Pike
Bethesda, MD 20892
(800)4-CANCER
(301)402-2594

Materials: a variety of free materials targeting special populations
Contact: Outreach Coordinator

National Organ and Tissue Donor Awareness Week

National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800)622-9010
(212)889-2210

Contact: local chapters

May

Asthma and Allergy Awareness Month

Asthma and Allergy Foundation of America
1125 15th Street NW, Suite 502
Washington, DC 20005
(800)7-ASTHMA
(202)466-7643

Materials: bulk materials to schools and employers
Contact: Bonnie Eiche

Better Hearing and Speech Month

American Speech-Language-Hearing Association
10801 Rockville Pike
Rockville, MD 20852
(800)638-8255
(301)897-8682

Materials: marketing brochures by calling or writing;
fact sheets, press releases through journal
Contact: Information Resources

Better Sleep Month

Better Sleep Council
333 Commerce Street
Alexandria, VA 22314
(703)683-8371
(703)683-4503 (Fax)

Contact: Andrea Herman

Breathe Easy Month

American Lung Association
1740 Broadway
New York, NY 10019-4374
(800)LUNG-USA
(212)315-8700
Contact: Communications Department

Correct Posture Month

American Chiropractic Association
1701 Clarendon Boulevard
Arlington, VA 22209
(800)368-3083 (for orders only)
(703)276-8800

Materials: poster and chart

Hepatitis Awareness Month

Hepatitis Foundation International
30 Sunrise Terrace
Cedar Grove, NJ 07009
(973)239-1035
(973)857-5044 (Fax)

Materials: packet
Contact: Thelma King Thiel

Huntington's Disease Awareness Month

Huntington's Disease Society of America, Inc.
140 West 22nd Street, Sixth Floor
New York, NY 10011-2420
(800)345-4372
(212)242-1968
(212)243-2443 (Fax)

Materials: brochure and other materials
Contact: local chapters or National Office

National Arthritis Month

Arthritis Foundation
1330 West Peachtree Street
Atlanta, GA 30309
(800)283-7800
(404)872-7100

Materials: kit including news releases, posters, packets
Contact: Public Relations Department, ext. 6319

National Digestive Diseases Awareness Month

Digestive Disease National Coalition
507 Capitol Court NE, Suite 200
Washington, DC 20002
(202)544-7497

Materials: patient education materials
Contact: Dale Dirks,
Washington Representative

National High Blood Pressure Month

National Heart, Lung, and Blood Institute
Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
(301)251-1222
(301)251-1223 (Fax)
nhlbiic@dgsys.com (E-mail)

Materials: educational materials on high blood pressure for health professionals, patients, and the public
Contact: Information Center

National Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology
P.O. Box 681069
Schaumburg, IL 60168
(847)330-0230 ext. 343
(847)330-0050 (Fax)

Materials: brochure on sun protection (send self-addressed envelope to above address)
Contact: Donna Stein

National Mental Health Month

National Mental Health Association
1021 Prince Street
Alexandria, VA 22314-2971
(800)969-6642
(703)684-7722
(703)684-5968 (Fax)

Materials: information kit
Contact: Patrick Kody, Director of Media Relations

National Neurofibromatosis Month

National Neurofibromatosis Foundation
120 Wall Street, 16th Floor
New York, NY 10005
(800)323-7938
(212)344-6633
(212)747-0004 (Fax)

Materials: patient education brochures
Contact: Public Affairs

National Sight-Saving Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Materials: posters, reprints of articles, news releases
Contact: Marketing Department

National Stroke Awareness Month

National Stroke Association
96 Inverness Drive, East, Suite I
Englewood, CO 80112-5112
(800)STROKES

Materials: brochures and public education materials
Contact: Rachele Trujillo, Director of Communications

National Trauma Awareness Month

American Trauma Society
8903 Presidential Parkway, Suite 512
Upper Marlboro, MD 20772-2656
(800)556-7890
(301)420-4189

Materials: pamphlets and public awareness materials
Contact: Public Relations Coordinator

Older Americans Month

Administration on Aging
200 Independence Avenue SW
Washington, DC 20201
(202)401-4541

Materials: public education materials
Contact: Moya Thompson

Tuberous Sclerosis Awareness Month

National Tuberous Sclerosis Association
8181 Professional Place, Suite 110
Landover, MD 20785
(800)225-6872
(301)459-9888

Materials: booklets, pamphlets
Contact: Donna Bayes, Director of Information and Referral

National SAFE KIDS Week

National SAFE KIDS Campaign
1301 Pennsylvania Avenue NW
Washington, DC 20004-1707
(202)662-0600
(202)393-2072 (Fax)

Contact: Geri Culpepper

Mother's Day Comes Early for Too Many of Our Nation's Teens

The National Organization on Adolescent Pregnancy,
Parenting and Prevention
1319 F Street NW, Suite 400
Washington, DC 20004
(202)783-5770
(202)783-5775
noapp@erols.com (E-mail)

Materials: early "Mother's Day" cards, daisy pens
Contact: Donna Butts, Director

National Suicide Awareness Week

American Association of Suicidology
4201 Connecticut Avenue NW,
Suite 310
Washington, DC 20008
(202)237-2280
(202)237-2282 (Fax)

Contact: Amy McDonough

National Mental Health Counseling Week

American Mental Health
Counselors Association
801 North Fairfax Street, Suite 304
Alexandria, VA 22314
(800)326-2642
(703)548-4775 (Fax)

Childhood Depression Awareness Day

National Mental Health Association
1021 Prince Street
Alexandria, VA 22314-2971
(800)969-6642
(703)684-7722
(703)684-5984 (Fax)

Materials: information kit
Contact: Reg O'Neil, Director of Public Information
for Children's Mental Health

National Anxiety Disorders Screening Day

National Mental Illness Screening Project
308 Seaview Avenue
Staten Island, NY 10305
(718)351-1717
(718)667-8893 (Fax)

Contact: Barbara Kopans, Associate Director

National Melanoma/Skin Cancer Detection and Prevention Monday

American Academy of Dermatology
P.O. Box 681069
Schaumburg, IL 60168
(847)330-0230 ext. 343
(847)330-0050 (Fax)

Materials: brochure on sun protection (send self-addressed envelope to above address)
Contact: Donna Stein

National Alcohol- and Other Drug-Related Birth Defects Week

National Council on Alcoholism and Drug
Dependence, Inc.
12 West 21st Street
New York, NY 10010
(212)206-6770

Materials: kit
Contact: Public Information Assistant

National Osteoporosis Prevention Week

National Osteoporosis Foundation
1150 17th Street NW, Suite 500
Washington, DC 20036
(202)223-2226

Materials: education kits and posters
Contact: Diane Shnitzler

National Stuttering Awareness Week

Stuttering Foundation of America
3100 Walnut Grove Road, Suite 603
Memphis, TN 38111-0749
(800)992-9392
(901)452-7343
(901)452-3931 (Fax)
stuttersfa@aol.com (E-mail)

Contact: Jane Fraser

National Emergency Medical Services Week

American College of Emergency Physicians
1111 19th Street NW, Suite 650
Washington, DC 20036
(202)728-0610
(202)728-0617 (Fax)

Materials: planning kit
Contact: Public Relations or
State EMS Director

National Running and Fitness Week

American Running and Fitness Association
4405 East-West Highway, Suite 405
Bethesda, MD 20814
(301)913-9517

Materials: call for a catalog
Contact: Barbara Baldwin, MPH,
Information Services Director

Buckle Up America! Week

Office of Occupant Protection
(NTS-10)
National Highway Traffic Safety Administration
U.S. Department of Transportation
400 Seventh Street SW
Washington, DC 20590
(202)366-9550

Materials: publications
Contact: Public Affairs Office

World No Tobacco Day

American Association for World Health
1825 K Street NW, Suite 1208
Washington, DC 20006
(202)466-5883

Materials: fact sheets, poster
Contact: Christina Verni

National Employee Health and Fitness Day

National Association of Governor's Councils on
Physical Fitness and Sports
201 South Capitol, Suite 560
Indianapolis, IN 46225
(317)237-5630

Materials: brochures
Contact: Cindy Porteous

National Missing Children's Day

Child Find of America, Inc.
Box 277
New Paltz, NY 12561
(800)IAMLOST
(914)255-1848

Materials: brochures
Contact: Michael Messner,
Communications Coordinator

National Senior Health and Fitness Day

Mature Market Resource Center
621 East Park Avenue
Libertyville, IL 60048
(800)828-8225
(847)816-8660
(847)816-8662 (Fax)
maturemkt@aol.com (E-mail)

Materials: publications and promotional materials
Contact: Tina Godin, Program
Coordinator

June

Fireworks Safety Month (through July 4)

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

National Safety Month

American Society of Safety Engineers
1800 East Oakton
Des Plaines, IL 60018-2187
(847)699-2929
(847)296-3769 (Fax)

Contact: Customer Service

National Men's Health Week

National Men's Health Week
14 East Minor Street
Emmaus, PA 18098
(610)967-8621

Materials: posters, brochures, booklets
Contact: Patrick Taylor, Director

National Aphasia Awareness Week

National Aphasia Association
156 Fifth Avenue, Suite 707
New York, NY 10010
(800)922-4622
(212)989-7777 (Fax)
klein@aphasia.org (E-mail)

National Headache Awareness Week

National Headache Foundation (NHF)
428 West St. James Place
2nd Floor
Chicago, IL 60614-2750
(800)843-2256
(773)525-7357 (Fax)

Materials: information on causes and treatments, audio- and videotapes, and Brochures
Contact: Suzanne E. Simons

Dairy Month

Contact: Call your local Dairy Association office for information

National Scleroderma Awareness Month

United Scleroderma Foundation
P.O. Box 399
Watsonville, CA 95077-0399
(800)722-HOPE
(408)728-2202
(408)728-3328 (Fax)
outreach@scleroderma.com (E-mail)

Materials: pamphlets, brochures, posters
Contact: local chapters or National Office

Helen Keller Deaf-Blind Awareness Week

Helen Keller National Center
111 Middle Neck Road
Sands Point, NY 11050
(516)944-8900, ext. 325
(516)944-8637 (TTY)
(516)944-7302 (Fax)

Materials: pamphlets, posters, brochures
Contact: Barbara Hausman, Director of Public Relations

National Prevention of Eye Injuries Awareness Week

United States Eye Injury Registry (USEIR)
Box 55565
Birmingham, AL 35255
(205)933-0064
(205)933-1341 (Fax)

Contact: Loretta Mann, Technical Director

National Sobriety Checkpoint Week

Mothers Against Drunk Driving
511 East John Carpenter Highway
Suite 700
Irving, TX 75062
(800)GET-MADD

Materials: flyers, handouts
Contact: Jodi Finley

July

Fireworks Safety Month (through July 4)

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Materials: call 800 number for available promotional items
Contact: Marketing Department

Hemochromatosis Screening Awareness Month

Hemochromatosis Foundation
P.O. Box 8569
Albany, NY 12208
(518)489-0972

Materials: information kits with posters and educational booklets for the public and professionals
Contact: Margit A. Krikker, M.D., Medical Director

National Therapeutic Recreation Week

**National Therapeutic Recreation Society
National Recreation and Park Association
22377 Belmont Ridge Road
Ashburn, VA 20148
(703)858-0784
NTRSNRPA@aol.com(E-mail)**

**Materials: posters, buttons, balloons, T-shirts, and marketing guide
Contact: Rikki S. Epstein**

August

World Breastfeeding Week

World Alliance for Breastfeeding Action and
La Leche League International
1400 North Meacham Road
Schaumburg, IL 60173
(847)519-7730
(847)519-0035 (Fax)

Materials: action folder on week theme; World
Breastfeeding Week (WBW) evaluation form; Dear
Friend letter; sheet with distribution centers for
Spanish and French language folder, WBW Resources
Contact: Rebecca Magalhaes, Director

Spinal Muscular Atrophy Awareness Month

Families of Spinal Muscular Atrophy
P.O. Box 196
Libertyville, IL 60048
(800)886-1762
(847)367-7620
(847)367-7623 (Fax)

Materials: booklets, posters, sample packets
Contact: Audrey N. Lewis, Executive Director

September

Baby Safety Month

Juvenile Products Manufacturers Association
236 Route 38-West, Suite 100
Moorestown, NJ 08057

Materials: "Safe & Sound for Baby" a 16-page guide to safe selection and use of baby products available in English or Spanish. Publication is free to consumers; send self-addressed, stamped envelope to JPMA Safety Brochure to above address. Specify English or Spanish.

Children's Eye Health and Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

National Cholesterol Education Month

National Heart, Lung, and Blood Institute Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
(301)251-1222
(301)251-1223 (Fax)
nhlbiic@dgsys.com (E-mail)

Materials: educational materials on cholesterol for health professionals, patients, and the public
Contact: Information Center

National Pediculosis Prevention Month

National Pediculosis Association
P.O. Box 610189
Newton, MA 02161
(617)449-NITS

Materials: educational resources on lice and scabies prevention
Contact: Linda Menditto

National Sickle Cell Month

Sickle Cell Disease Association of America
200 Corporate Pointe, Suite 495
Culver City, CA 90230-7633
(800)421-8453
(310)216-6363

Materials: brochures
Contact: National Office

Ovarian Cancer Awareness Month

The National Ovarian Cancer Coalition
P.O. Box 4472
Boca Raton, FL 33429-4472
(888)-OVARIAN
ovca@aol.com (E-mail)

Materials: pamphlets approved by their board of gynecologic oncologists
Contact: Tina Grekin

National Childhood Injury Prevention Week

Safety By Design, Ltd.
P.O. Box 4312
Great Neck, NY 11023
(516)488-5395

Materials: action kit
Contact: coordinator

National Rehabilitation Week

National Rehabilitation Awareness Foundation
P.O. Box 71
Scranton, PA 18501-0071
(717)341-4637
(717)341-4331 (Fax)

Materials: posters, brochures
Contact: Bea Mott

Hearing Aid Awareness Week

International Hearing Society
20361 Middlebelt Road
Livonia, MI 48152
(800)521-5247 Materials: brochures, videotapes
Contact: Hearing Aid Helpline

National 5 a Day Week

**Cancer Information Service
NCI Office of Cancer Communications
Building 31, Room 10A16
9000 Rockville Pike
Bethesda, MD 20892
(800)4-CANCER
(301)402-8594 (Fax)**

Materials: promotional kit

**Contact: Outreach Coordinator
National Reye's Syndrome Week**

National Reye's Syndrome Foundation
P.O. Box 829
Bryan, OH 43506
(419)636-2679
(419)636-3366 (Fax)
reyessyn@mail.bright.net (E-mail)

Materials: brochure
Contact: John Freudenberger

October

Auto Battery Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

Breast Cancer Control Month

American Cancer Society
National Headquarters
1599 Clifton Road NE
Atlanta, GA 30329-4251
(800)ACS-2345
(404)320-3333

Materials: flyers, pamphlets

Contact: local chapters

Celiac Sprue Awareness Month

Celiac Sprue Association/United States of America
P.O. Box 31700
Omaha, NE 68131-0700
(402)558-0600

Materials: brochures, pamphlets, cookbook

Contact: Information Office

Child Health Month

American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
(847)981-7667
(847)981-7134 (message line)
(847)228-5097 (Fax)

Materials: fact sheets, camera-ready information,
brochures, posters, and product
catalog

Contact: Division of Member Communications

Domestic Violence Awareness Month

National Coalition Against Domestic Violence
P.O. Box 18749
Denver, CO 80218-0749
(303)839-1852
(303)831-9251 (Fax)

Materials: poster

Family Health Month

American Academy of Family Physicians
8880 Ward Parkway
Kansas City, MO 64114-2797
(800)274-2237
(816)333-9700

Materials: promotional kit

Contact: AAFP Order Department, (800)944-0000

Flu and Pneumonia Campaign

American Lung Association
1740 Broadway
New York, NY 10019-4374
(800)LUNG-USA
(212)889-3370 New York
(202)682-5864 Washington, DC

Contact: Communications Department

Healthy Lung Month

American Lung Association
1740 Broadway
New York, NY 10019-4374
(800)LUNG-USA
(212)889-3370 New York
(202)682-5864 Washington, DC
Contact: Communications Department

National Hepatitis Awareness Week

American Liver Foundation
1425 Pompton Avenue
Cedar Grove, NJ 07009
(800)223-0179
(201)256-2550

Contact: Public Relations

National Campaign for Healthier Babies Month

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914)997-4600

Materials: kit
Contact: Publications Coordinator

National Dental Hygiene Month

American Dental Hygienists Association
444 North Michigan Avenue
Suite 3400
Chicago, IL 60611
(312)440-8900

Materials: catalog of materials
Contact: Public Relations

National Family Sexuality Education Month

Planned Parenthood Federation of America
810 Seventh Avenue
New York, NY 10019
(212)261-4628

Materials: poster, bookmark, TV and radio public
service announcement, brochure
Contact: Education Department

National Liver Awareness Month

American Liver Foundation
1425 Pompton Avenue
Cedar Grove, NJ 07009
(800)GO-LIVER
(973)256-2550

Materials: kit
Contact: Public Relations

National Lupus Awareness Month

National Lupus Foundation of America
1330 Piccard Drive
Suite 200
Rockville, MD 20850-4303
(800)558-0121 (English)
(800)558-0231 (Spanish)
(301)670-9292

Materials: posters, pamphlets, fact sheets
Contact: National Office

National Physical Therapy Month

American Physical Therapy Association
1111 North Fairfax Street
Alexandria, VA 22314
(703)706-3248
(703)684-7343 (Fax)

Materials: public relations kit; specialty items;
radio, video, and print public service
announcements; consumer brochures; educational
videos
Contact: Public Relations Department

National Spina Bifida Prevention Month

Spina Bifida Association of America
4590 MacArthur Boulevard NW, Suite 250
Washington, DC 20007-4226
(800)621-3141
(202)944-3285
(202)944-3295 (Fax)

Materials: pamphlets
Contact: Information and Referral Office

National Spinal Health Month

American Chiropractic Association
1701 Clarendon Boulevard
Arlington, VA 22209
(800)986-4636 (for orders only)
(703)276-8800

Materials: kit
Contact: Communications

Rett Syndrome Awareness Month

International Rett Syndrome Association
9121 Piscataway Road, Suite 2B
Clinton, MD 20735
(800)818-RETT
(301)856-3334
(301)856-3336 (Fax)
irsa@paltech.com (E-mail)

Materials: press kit
Contact: Kathy Hunter

Sudden Infant Death Syndrome Awareness Month

SIDS Alliance
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(800)221-SIDS
(410)653-8226
(410)653-8709 (Fax)

Materials: kits
Contact: Public Affairs, National Office

Talk About Prescriptions Month

National Council on Patient Information and Education
666 11th Street NW, Suite 810
Washington, DC 20001
(202)347-6711

Materials: pamphlets, brochures, posters to promote safe and effective use of prescription medicines

American Heart Walk

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800)AHA-USA1
(301)990-8900

Contact: local chapters

Mental Illness Awareness Week

American Psychiatric Association
1400 K Street NW
Washington, DC 20005
(202)682-6220

Materials: publications
Contact: Public Affairs Division

National Fire Prevention Week

National Fire Protection Association
P.O. Box 9101
1 Batterymarch Park
Quincy, MA 02269
(800)344-3555 (orders only)
(617)984-7275 (Public Affairs)
(617)770-0200 (Fax)

Materials: kit
Contact: Public Affairs Department

Safer Sex Week

Planned Parenthood Federation of America, Inc.
810 Seventh Avenue
New York, NY 10019
(800)669-0156
(212)261-4628
(212)297-6269 (Fax)

Materials: Information about STD's, brochures on birth control
Contact: Marketing Department

Child Health Day

U.S. Department of Health and Human Services
Health Resources and Services Administration
Maternal and Child Health Bureau
Parklawn Building, Room 18A55
5600 Fishers Lane
Rockville, MD 20857
(301)443-0205
(301)443-1797 (Fax)

Contact: Public Affairs Specialist

National Depression Screening Day

National Mental Illness Screening Project
308 Seaview Avenue
Staten Island, NY 10305
(718)351-1717
(718)667-8893 (Fax)

National Adult Immunization Awareness Week

National Coalition for Adult Immunization
4733 Bethesda Avenue, Suite 750
Bethesda, MD 20814-5228
(301)656-0003
(301)907-0878 (Fax)
adultimm@aol.com (E-mail)

Materials: campaign kit
Contact: Alison Roth

National Radon Week

American Lung Association
1740 Broadway
New York, NY 10019-4374
(800)LUNG-USA
(212)889-3370 New York
(202)682-5864 Washington, DC

Contact: Communications Department

National School Lunch Week

American School Food Service Association
1600 Duke Street, Seventh Floor
Alexandria, VA 22314
(800)728-0728 (catalog)
(800)877-8822
(703)739-3900

Materials: catalog, posters, promotional materials
Contact: Emporium

World Food Day

U.S. National Committee for World Food Day
2175 K Street NW
Washington, DC 20437
(202)653-2404

Materials: pamphlets, posters, bulletin, curriculum,
teleconference
Contact: Patricia Young, National Coordinator

National Breast Cancer Awareness Month

Cancer Information Service
NCI Office of Cancer Communications
Building 31, Room 10A16
90000 Rockville Pike
Bethesda, MD 20892
(800)4-CANCER
(301)402-8594 (Fax)

Materials: pamphlets, posters, kits, brochures
Contact: Outreach Coordinator

National Health Education Week

National Center for Health Education
72 Spring Street, Suite 208
New York, NY 10012
(212)334-9470 ext. 0

Materials: posters, pamphlets; Growing Healthy Curriculum \ae
Contact: Lynne Whitt, Executive Vice President

National Infection Control Week

Association for Professionals in Infection Control and
Epidemiology, Inc.
1016 16th Street NW, 6th Floor
Washington, DC 20036
(202)296-2742

Contact: Membership Department

National Red Ribbon Celebration

National Family Partnership
11159B South Town Square
St. Louis, MO 63123
(314)845-1933

Materials: red ribbons, buttons, stickers, t-shirts
Contact: Scott Powers

November

Diabetic Eye Disease Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020

Contact: Marketing Department

Flu and Pneumonia Campaign

American Lung Association
1740 Broadway
New York, NY 10019-4374
(800)LUNG-USA
(212)889-3370 New York
(202)682-5864 Washington, DC

Contact: Communications Department

National Diabetes Month

American Diabetes Association
1660 Duke Street
Alexandria, VA 22314
(800)232-3472
(703)549-1500

Materials: posters, buttons, brochures
Contact: local chapters or National Office

National Adoption Week

National Council for Adoption
1930 17th Street NW
Washington, DC 20009
(202)328-1200

Materials: press releases, speakers, AIDS Adoption
Project posters and brochure
Contact: Mara Duffy

National Epilepsy Month

Epilepsy Foundation of America
4351 Garden City Drive
Landover, MD 20785
(800)EFA-1000
(800)213-5821 (Publications)
(301)459-3700

Materials: posters, pamphlets, public service
announcements
Contact: Communications and Public Relations
Department

National Osteopathic Medicine Week

American Osteopathic Association
142 East Ontario Street
Chicago, IL 60611
(800)621-1773, ext. 5857

Materials: brochures, fact sheets, flyers, and
promotional materials
Contact: Roderick Drew

National Brain Aneurysm Awareness Week

Brain Aneurysm Foundation
66 Canal Street
Boston, MA 02114
(617)723-3870
(617)723-8672 (Fax)

Materials: brain aneurysm kit
Contact: Christopher S. Ogilvy

Great American Smokeout

American Cancer Society
National Headquarters
1599 Clifton Road NE
Atlanta, GA 30329-4251
(800)ACS-2345

Materials: flyers, pamphlets, news releases
Contact: local chapters

National Alzheimer's Awareness Month

Alzheimer's Association
919 North Michigan Avenue
Suite 1000
Chicago, IL 60611-1676
(800)272-3900
(312)335-8700
(312)335-8882 (TDD)
(312)335-1110 (Fax)

Materials: packet of general information
Contact: Local chapters or call the National Office
to find the nearest chapter.

December

National Drunk and Drugged Driving (3D) Prevention Month

**3D Prevention Month Coalition
1900 L Street NW, Suite 705
Washington, DC 20036
(202)452-6004
(202)223-7012 (Fax)**

Contact: Terry Schiavone

Safe Toys and Gifts Month

**Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173
(800)331-2020
(847)843-2020**

Contact: Marketing Department

World AIDS Day

American Association for World Health
1825 K Street NW
Suite 1208
Washington, DC 20006
(202)466-5883

Materials: resource booklet, poster
Contact: Christina Verni

National Aplastic Anemia Awareness Week

Aplastic Anemia Foundation of America, Inc.
P.O. Box 613
Annapolis, MD 21404
(800)747-2820

Materials: free brochures, updated medical
information on myelodysplastic and aplastic anemia
syndromes
Contact: Marilyn Baker

